

COCONUT WATER – the natural replacement for commercial sport drinks



You don't have to be an athlete or sports enthusiast to enjoy the benefits of Nature's amazing electrolyte drink: coconut water. Coconut water is the liquid that naturally develops inside of a coconut. It hydrates the body, replenishes electrolytes and is a source of vital nutrients.

Well hydrated individuals including athletes function and perform better. Anyone can become dehydrated if they are not taking in enough fluids to replace what is lost. People who experience even mild dehydration may have symptoms of weakness, cramping, headaches, extreme fatigue, and back pain.

Coconut water is an excellent drink for hydration and is a natural replacement for commercial sports drinks. Within our office, our patients especially athletes are encouraged to hydrate properly.

Nature's Sports Drink

Coconut water from a fresh young white coconut is a sterile fluid filled with vital nutrients, especially electrolytes. Coconut water is 100% natural with no preservatives, additives, chemicals, artificial colors or flavors. Athletes and active individuals are encouraged to try this healthy alternative during exercise, pre-, and post- events to replenish their fluids and electrolytes to avoid dehydration.

Ingredients	Coconut Water	A Commercial Sports Drink
Electrolytes	Sodium, Potassium, Calcium, Magnesium, Chloride, Phosphate, Sulfate	Sodium chloride
Amino acids / Protein	Yes	No
Sugars	Yes, from nature in the form of glucose and fructose	Yes, from processed sugars in the form of sucrose syrup, glucose – fructose syrup
Additives / Preservatives	No	Sodium citrate as flavor enhancer & preservative; Monopotassium phosphate as pH buffer; Yellow 6; Ester gum as a stabilizer; brominated vegetable oil as an emulsifier; citric acid and natural flavors

Where to buy young white coconuts

- Asian markets. Buy individually or by the case (9 coconuts). Typically, the cost is just under \$1 each. Most markets offer a 10% discount when purchasing a case.

COCONUT WATER – the natural replacement for commercial sport drinks

- Health food stores, such as Whole Food Markets. Although this may be more expensive, these markets offer the service of opening the coconut for you. This may be the best option if you are not comfortable cutting them open yourself.

What to look for when purchasing a white coconut

Young white coconuts are found in the produce section of grocery stores. They are immature coconuts that have the outer green layer removed to expose the white husk. The water content and meat texture is much different than the brown ripe coconuts. Young white coconuts are filled with water and the thin layer of meat is easily scooped out with a spoon. Make sure to purchase coconuts that are white and wrapped in cellophane. Check each coconut to make sure that it doesn't have mold growing on it.

Refreshing coconut drinks & shakes

- Drink straight from the young white coconut and then scoop the meat out with a spoon. This is a great light refreshing way to replenish electrolytes after a workout or sporting event.
- Add juice of ½ lime to full glass of young white coconut water.
- Blend water and meat of one young white coconut – this is a basic smoothie that is simple. This can also be used to replace milk, yogurt or soy milk used as a base for your favorite workout shake.
- Love chocolate milk? Try this... blend water and meat of one young white coconut with a tablespoon of raw cacao powder (or a teaspoon of carob powder).
- Blend water and meat of one young white coconut and 2 cups pineapple. Another option is to add a banana.
- Blend water and meat of one young white coconut and serving of a chocolate protein powder (for example, Raw Power Chocolate Protein Powder, Chocolate Rice Protein Powder).

The use of coconut fruit is diverse. Young white coconuts are even used to make pudding and non-dairy coconut ice cream!

Remember, anyone can become dehydrated if they are not taking in enough fluids to replace what is lost. Within the office, our patients are encouraged to be mindful that we live in a hot and humid environment where fluid loss may not be apparent. Other ways to improve hydration include:

1. Drink ½ body weight in ounces, daily. For example, 100 ounces for a 200 lb person.
2. Avoid caffeinated beverages – teas and soda.
3. Consume foods high in water such as fruits and vegetables.

For more information about the importance of hydration or other causes of muscle cramps, headaches or back pain, please call our office at 480-990-2663.



Dr. Shaun Hudson of Hudson Chiropractic is a chiropractic physician and a certified physical therapist. He has been practicing in the Valley for over 12 years and is also the team chiropractor for the Red Mountain Rugby Club – 2008 National Champions. He holds a bachelor's degree in human biology as well as a doctorate in chiropractic. Dr. Hudson attended Indiana State University and then received his doctorate at Logan University of Health Sciences in St. Louis, Missouri. His office is located at 7701 E. Indian School Rd, Suite H in Scottsdale, Arizona. For more information, call 480-990-2663 or visit www.scottsdalechiropracticclinic.com.